CURIOSITY HURT THE KAT VON D
THE WORD {page 19}

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HOLIDAY TOY DRIVE
TAKE PART TODAY {page 06}

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Tuesday, November 15, 2011
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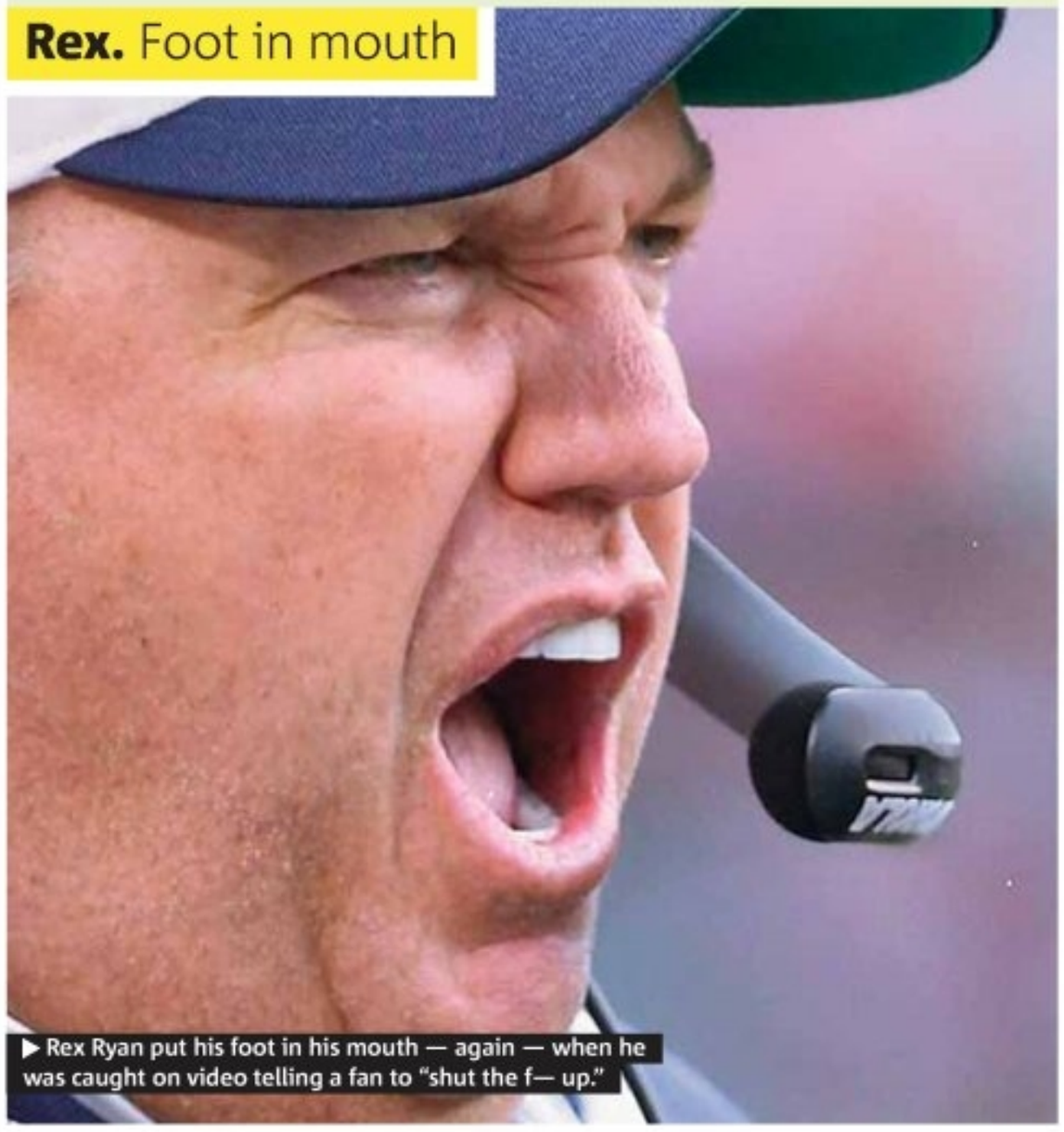
GETTY IMAGES

Rex. Foot in mouth



▶ Rex Ryan put his foot in his mouth — again — when he was caught on video telling a fan to "shut the f— up."

Rex Ryan sorry for using F-word

Jets head coach Rex Ryan blamed his emotions and apologized yesterday for cursing at a fan as he left the field at halftime in Sunday's game against the New England Patriots. The NFL is investigating the incident. {page 31}

Sandusky: I showered with boys, but that's it

- Former Penn State coach denies charges, says he's not a pedophile
- Admits behavior was inappropriate {page 10}

News

Businesses tell of OWS threats, indiscretions

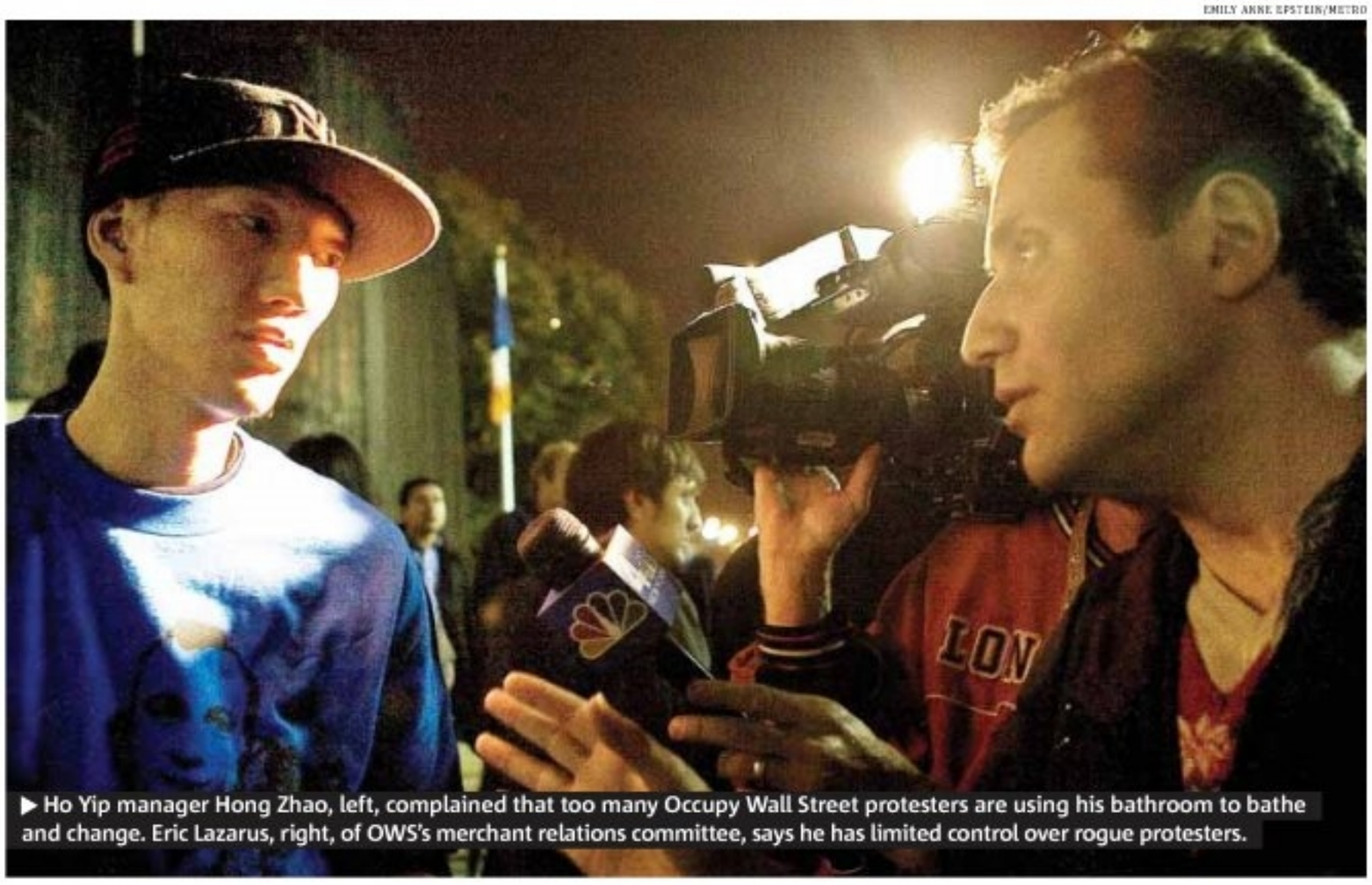
- Protesters vow to Occupy subways on Thursday {page 02}

No cash for bike collision

GRAMERCY. The insurance company of Red House, a restaurant in Gramercy, said they don't have to pay a woman who was hit by a bike-riding food delivery-man because the incident did not happen inside the restaurant, reports the New York Post.

Mary Burke, 35, who was six months pregnant at the time, said she was hit while crossing 16th Street last December. She had the crosswalk light, she said, when she was barreled into by a delivery biker going the wrong way. She suffered a skull fracture, but her unborn baby was fine. METRO/CB

EMILY ANNE EPSTEIN/METRO



▶ Ho Yip manager Hong Zhao, left, complained that too many Occupy Wall Street protesters are using his bathroom to bathe and change. Eric Lazarus, right, of OWS's merchant relations committee, says he has limited control over rogue protesters.

Business owner reports OWS threats

Small-business owners rallied on City Hall steps, demanding Mayor Bloomberg shut down OWS Share horror stories of threats, vandalism

A small group of business owners rallied in front of City Hall last night, decrying Occupy Wall Street protesters for threatening their livelihoods and their employees.

"They dropped our business down by 30 percent," complained Panini & Co. owner Angelo Tzortzatos, one of the four business owners. He told Metro he had to close his bathroom for repairs after protesters broke his sink. Then, he said, protesters began threatening his employees when they couldn't use the restroom.

"They're coming in and grabbing [employees] and saying 'Watch your back,'" Tzortzatos said. "I don't feel safe."

Ever since he heard about Panini & Co.'s plight, Astoria resident Jeremy Madden has been volunteering at the café once he's finished with his 9-to-5 finance job, he said.

Chinese restaurant Ho Yip is losing business too, said manager Hong Zhao. Even worse, he says protesters are depositing bags of feces in his garbage, leaving Ho Yip on the hook for sanitation violations.

"The riffraff harasses the staff. I'm basically a bouncer for a coffee shop." JEREMY MADDEN

"They have been taking our bins and filling them with human waste," Zhao said. "A lot of human waste."

Occupy Wall Street protesters present at last night's rally said they couldn't possibly control the actions of everyone who affiliates as a member.

"Certainly, someone may be putting feces in someone else's garbage," said Eric Lazarus, 50, of Occupy Wall Street. "We will do everything we can do to reduce this kind of behavior. We have somewhat limited control."

OWS is planning to shut down the Stock Exchange at 7 a.m. Thursday and will take over the subways.

EMILY ANNE EPSTEIN
emily.epstein@metro.us

▶ The sex attack suspect

Attempted rape occurs on the LES

LOWER EAST SIDE. The NYPD is looking for this man above, who police say followed a woman into her apartment building on First Avenue and attempted to rape her. The attempted rape happened on Nov. 13, say police. The suspect followed the 27-year-old woman home at 3 a.m. and then into her apartment. He pushed her to the ground, said police. She fought back and he ran off. METRO/CB

Record number of hotel rooms

NEW YORK. Mayor Mike Bloomberg announced yesterday that the city will have a record number of 90,000 hotel rooms by the end of this year. That's a 24 percent increase in rooms since 2006 and a good sign for the city's $31 billion tourism industry. METRO/CB

GETTY IMAGES

▶ Ready to do it again?

Brooklyn to host marathon

NEW YORK. Just two weeks after 47,000 runners participated in the ING New York City Marathon, the city will be the site of another 26.2-mile challenge.

The Brooklyn Marathon will be hosted this Sunday by NYCRUNS. The USATF-certified course of the race is six full laps and three lower loops of Prospect Park, starting at 8 a.m. Sunday. METRO/CG

400
Organizers expect between 350 to 400 runners this Sunday.

In the news

Another swastika in Brooklyn

Less than 48 hours after residents woke up to torched cars and swastikas on benches in Midwood Friday, residents found another swastika Sunday. This one was painted in red nail polish on a parking meter only blocks away from the original hate graffiti. METRO/CB

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LOOK WHO'S HERE!

Dean Banowetz, celebrity stylist, shows you how to get the perfect holiday party hair at Macy's!

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the magic of macy's .com

BLOG

Events subject to change or cancellation. *While supplies last, applies to purchases made during the event.

EMILY ANNE EPSTEIN/METRO

▶ "I should have just walked," fumed Long Island salesman Steve, as he tried to figure out the pay-before-boarding ticket machines yesterday.

Select bus service on 34th St. suffers growing pains

The MTA expanded its Select Bus Service on Sunday, but by Monday morning rush hour, straphangers were not impressed.

The M34 SBS and the M34A SBS replaced the M16 and the M34, which run the length of 34th Street. The bus routes have not changed, but riders must now pay at the curb before boarding, instead of swiping their MetroCard onboard.

MTA manager Allan Rabinowitz assisted riders with the sidewalk ticket machines and got quite the earful yesterday.

"I've heard a few curse words," he said.

18%

Bus travel times improved 18 percent in the past year thanks to Select Bus Service on the M15 line up Second Avenue, according to the Mayor's office.

Metro watched dozens of straphangers fail to figure out the system. Those who tried to board the bus without a ticket were kicked off.

"This is my first time and it's been a nightmare since Third Avenue," said Michael Barrett, 61, as he exited the bus. "The driver kept stopping to wait for people to buy the tickets."

Long Island salesman Steve E., 48, missed three buses as he tried to get the right change for the machine.

Still, some straphangers were optimistic that riders just needed time to adjust to the new fare collection method.

"I guess it's easy," Staten Island resident Enid Concepcion, 52, said. "I just couldn't figure it out."

EMILY ANNE EPSTEIN
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$27M worth of fall-suits

UPPER EAST SIDE. Forget the noise complaints and the rats caused by construction of the Second Avenue subway line. The latest woe to arise out of the project is cracked sidewalks.

A 14-block span of the Upper East Side, from 87th Street to 101st Street, where construction of the Second Avenue subway is under way, has generated $27 million worth of lawsuits filed against the city from people who tripped over cracks in the sidewalk, according to a report in the New York Post. Elizabeth Bengelsdorf is one of the 14 people suing; she said a missing curb caused her to trip while crossing Second Avenue at 87th Street. ● METRO/CB

Free Wi-Fi on the L

NEW YORK. L train riders should enjoy the free Wi-Fi that will be offered on board this week. Riders on the train between Morgan Avenue in Brooklyn and Eighth Avenue in Manhattan, and between the hours of 8 and 10 a.m., will be able to connect to the "L Train Notwork," according 3rdWard.com. Art group WeMakeCoolSh.it is offering the Wi-Fi.

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BILL ALATRISTE

▶ Carriage horse opponents rallied outside City Hall yesterday.

Council members say 'nay' to horses

Enough with carriage horses, officials say ◐ Horse's death prompts calls to end the industry ◐ Suggested changes including limiting carriages to Central Park

Council members joined animal rights' activists yesterday to call for an immediate end to the controversial carriage horse industry.

"It is no longer acceptable in 2011 to treat animals as we are here," Public Advocate Bill de Blasio said.

The bill that's currently before the City Council would phase out the carriage horse industry; it proposes that visitors would instead tour the city in vintage-style, eco-friendly electric cars.

"People would love to have the opportunity to tool around in an energy-saving vehicle," Manhattan Borough President Scott Stringer said.

But in the meantime, while the carriage horse issue is hotly debated, officials want to impose new restrictions on the treatment of the animals.

Horses should be restricted to within Central Park, for example, they said. Right now, they pull carriages down traffic-clogged city streets.

Also, stable owners should be required to have a horse trailer on hand in case the animal needs to be rushed to a vet.

Currently, stable employees use the NYPD's trailers.

The call for a carriage horse ban increased after Charlie, a horse making his way toward Central Park, collapsed and died last month.

ALISON BOWEN
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▶ Some of the toys already purchased by our readers.

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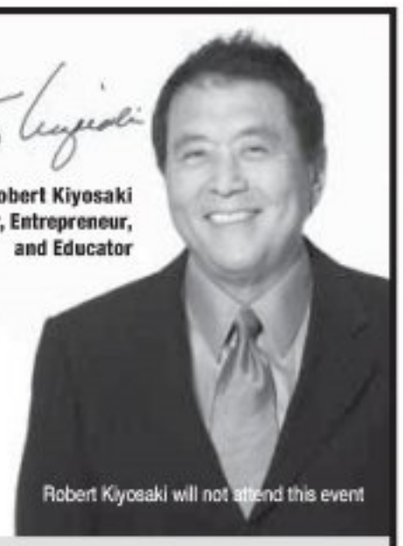

Robert Kiyosaki will not attend this event

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EMILY ANNE EPSTEIN/METRO

▶ New York's solar power grid is not going up fast enough for some lawmakers.

Dim results for city solar energy goals

In spite of lofty hopes for solar power, New York far behind neighboring NJ ◗ Equipping a brownstone can cost $50K ◗ Any hope for getting it cheaper?

New York City is lagging behind the rest of the nation when it comes to solar energy, council members said yesterday.

Despite Mayor Michael Bloomberg's vow to install more solar panels on rooftops, outlined in his PlaNYC, the number of panels in the Big Apple compose only 3 percent of the nation's total, according to testimony.

Steve Englebright, a Long Island assemblyman, said the city lags behind New Jersey, which created more megawatts in solar power in 2010 alone — 137 megawatts — than New York has total.

"We have fallen short," he said. "We are actually in a position of having to catch up at this point."

Councilman James Gennaro said New York needs to speed up adding solar panels to building tops, especially since the city is "the rooftop capital of the state," he said.

But creating solar energy can be expensive — a city Department of Buildings spokesman testified that outfitting a regular brownstone with panels might cost as much as $50,000 for the labor and permits required.

The city provides a rebate to reimburse 20 percent of the installation fee, but council members said more incentives would help ease the expense for New Yorkers.

ALISON BOWEN
alison.bowen@metro.us

By the numbers

2,500
Officials proposed 2,500 megawatts of new solar power by 2020

$20B
They say this would create $20 billion in revenue, create 22,000 new jobs and 4,000 permanent jobs, while reducing 5 million tons of carbon dioxide.

Paralyzed from fall, now suing Fordham

BRONX. A Fordham University student is suing the school because he says he is now paralyzed after falling out of his dorm bed last year.

Kei Usami, 20, a sophomore, fell out his bed last February, he said, after a night of heavy drinking. He fractured his spine after the four-foot fall and is paralyzed from the neck down. Usami is now suing the school because he says they failed to install guardrails on the beds.

Fordham, however, pointed to Usami's "voluntary consumption of large amounts of alcohol," according to court records obtained by the New York Post. Fordham also sued the companies that provide the beds. ● METRO/CB

Random attack in Midtown

MIDTOWN EAST. A 74-year-old woman remains in serious condition at Bellevue Hospital after she was beaten by a homeless man Saturday on East 40th Street near Madison Avenue, in what police are calling a random attack. The older woman was attacked by a man who hit her on the head with a nail-studded two-by-four, said police. ● METRO/CB

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Norway killer admits to massacre

OSLO. Norwegian anti-immigration militant Anders Behring Breivik spoke in open court for the first time yesterday and admitted killing 77 people in attacks in July. But he denied any guilt, saying he was a military commander in a far-right resistance movement.

Breivik sat with his eyes mostly downcast and occasionally bit his lip in a packed hearing to extend his custody before trial.

At one point Breivik attempted to address survivors of Norway's biggest modern-day massacre, but the judge cut him off.

"I am a military commander in the Norwegian resistance movement and Knights Templar Norway," Breivik told the court. **REUTERS**

▶ "Apaga la TV" is by Valentina Godoy.

Metro photo of the day

IN ASSOCIATION WITH ADORAMA MORE THAN A CAMERA STORE

Congratulations to Valentina Godoy from Chile, winner of Friday's Photo of the Day theme, "TV." Today's theme is "pleasure." To enter your photos on today's theme, visit www.metrophotochallenge.com.

Former Penn State coach admits to showers with kids

Disgraced former Penn State coach Jerry Sandusky admitted to showering and "horsing around" with young boys, but claimed that he is not a pedophile in an interview with NBC News' Bob Costas that aired last night.

Sandusky said in his first interview that he hugged children and touched their legs "without intent of sexual contact," but conceded that his conduct was inappropriate. "I shouldn't have showered with those kids," he told Costas.

Allegations of indecent contact date back to 1994, according to a grand jury report, which detailed abuse in hotels, Penn State locker rooms and Sandusky's home. Though he was banned from bringing minors on campus in 2002 after a witness reportedly saw him molesting a boy, he violated the ban at least once, the report says.

Sandusky met his alleged victims through the Second Mile charity, which he founded in 1977 as a group home for at risk boys. He surrendered his daily duties with the organization in 2010.

Sandusky is currently free on $100,000 bond and continues to deny any wrongdoing.

"I have horsed around with kids, I have showered after workouts. I have hugged them and I have touched their legs without intent of sexual contact."

SANDUSKY IN AN NBC NEWS INTERVIEW

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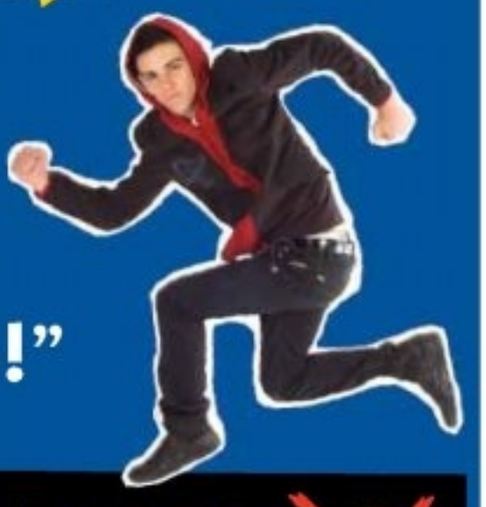

Art: Tom Slaughter; Photo: Andrew Fox

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Accuser's boyfriend corroborates story

The former boyfriend of harassment claimant Sharon Bialek recalls meeting with the presidential candidate

Republican presidential candidate Herman Cain faced possibly damaging allegations yesterday from the former boyfriend of a woman who has accused Cain of sexually inappropriate behavior.

The ex-boyfriend of accuser Sharon Bialek, speaking at a news conference in Louisiana, corroborated Bialek's claim that Cain made improper advances to her when she sought help finding a job.

Victor Zuckerman, a pediatrician and former boyfriend of Bialek, said he had met Cain with Bialek and he encouraged her to contact him about employment. Bialek later told him that Cain had engaged in inappropriate touching of her shortly after the alleged incident took place. "When Mr. Cain came to the national spotlight, we reminded each other that this was the man we had met so many years earlier," he said.

"She said that something had happened and that Mr. Cain touched her in an inappropriate manner." ZUCKERMAN

Four women have made allegations of sexually inappropriate behavior by Cain. REUTERS

Cain: Veggies are for sissies

WASHINGTON. Republican presidential candidate Herman Cain said yesterday the more pizza toppings a man had, the more "manly" he was.

In an interview with GQ magazine, Cain said "the more manly man is not afraid of abundance" — so long as it's in meat form.

"A manly man don't want it piled high with vegetables!" Cain said. "He would call that a sissy pizza." METRO

SCOTT OLSON/GETTY IMAGES

▶ Republican presidential candidate Herman Cain meets with supporters at the Big Sky Diner in Ypsilanti, Mich.

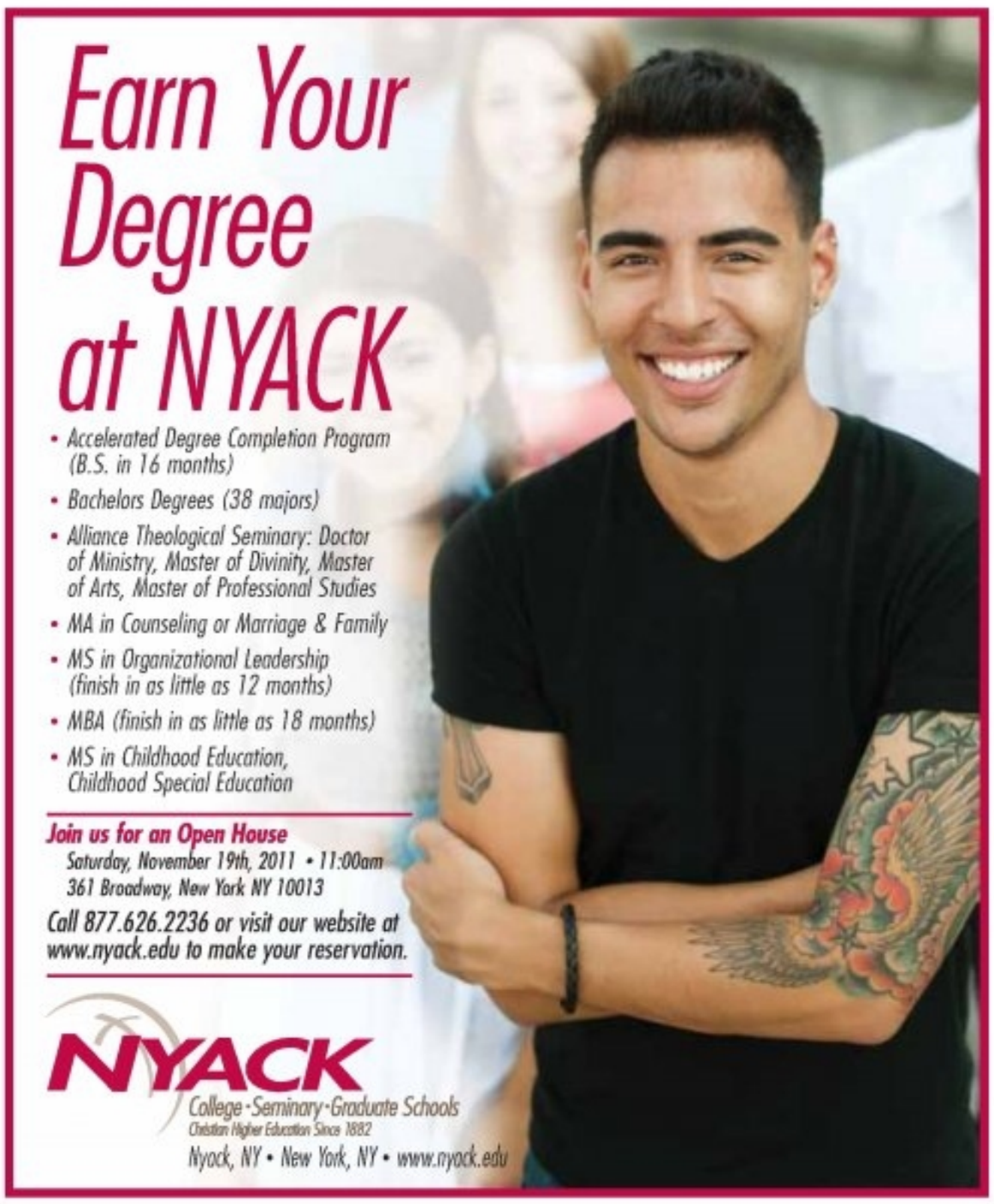
Romney: Hey, I'm a victim, too!

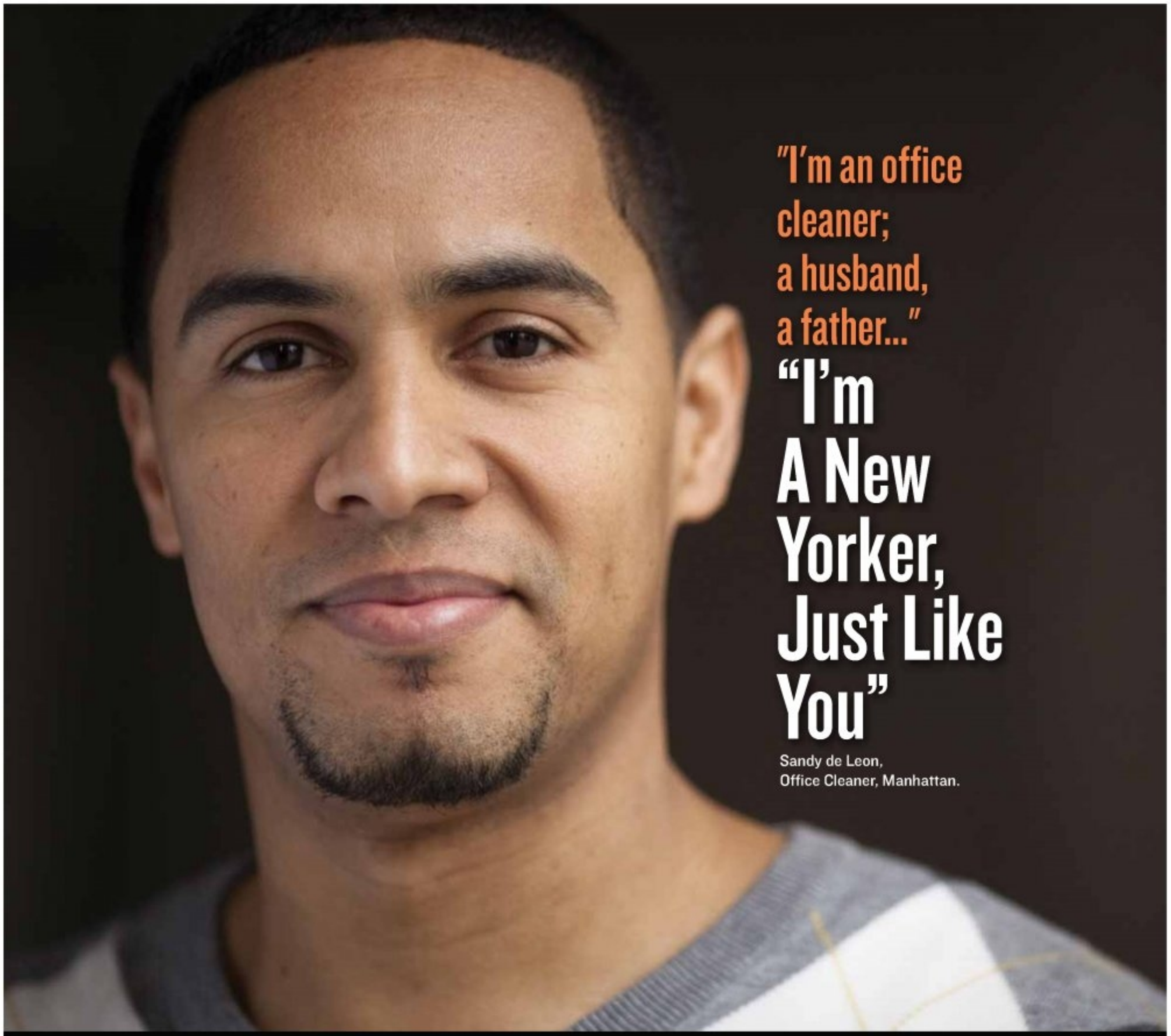
WASHINGTON. Republican presidential candidate Mitt Romney took a verbal swing at President Barack Obama yesterday, saying that the Democrat and his allies have an "obsession" with attacking him.

Romney, the former governor of Massachusetts, leads many polls in the race to challenge Obama in the 2012 presidential election.

"With each passing day, it is becoming increasingly clear that President Obama and his Democrat allies are fixated more on Mitt Romney than on turning around our struggling economy," Andrea Saul, Romney's spokeswoman, said in a statement.

On Sunday, Obama attacked Romney for saying that the president would not stop Iran from developing nuclear weapons if he were re-elected. REUTERS





Sandy works hard every day cleaning and maintaining a multimillion dollar high-rise in Downtown Manhattan. He supports his wife and an infant son.

Sandy and thousands of other office cleaners across the city are negotiating with the multibillion dollar real estate industry for a new contract. A good contract will help Sandy and his family remain a part of the middle class. This is good for all of us.

GOOD JOBS BUILD STRONG COMMUNITIES

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Kotex tampons recalled

NEW YORK. Kimberly-Clark is recalling a limited number of Kotex brand tampons contaminated with a bacterium that could cause health risks, the Dallas company said.

The affected Kotex Natural Balance Security Unscented Tampons Regular Absorbency packages were shipped to retail customers between Oct. 29 and Nov. 2, the company said in a statement on the FDA website.

Kimberly-Clark said the tampons were made with a raw material contaminated by a bacterium that could lead to vaginal infections. **REUTERS**

Bad commute? Try a new path

LONDON. For a lot of people the day begins amid the chaos of a transit pressure-cooker. Agitated workers wedge onto trains or buses to make the stressful commute to work and arrive feeling frazzled, a state that only worsens as the day wears on.

Now, a Glasgow-based entrepreneur and digital innovator has launched a new web application for iPhone and Android smartphones intended to help people on the go learn to cope better with some of the struggles of city life.

The Buddhify app introduces users to restful mindfulness meditation practices by allowing them to select from 32 audio tracks to hear instruction from either a male or female voice. **REUTERS**

Amazon, Microsoft rule — in second tier of tech

SPENCER PLATT/GETTY IMAGES

▶ Amazon founder Jeff Bezos pitches the new $99 Kindle.

◗ Apple, Google still the dominant firms ◗ But second place split, survey says ◗ BlackBerry maker lags behind

Amazon.com's Kindle Fire tablet and Microsoft's efforts to get back into the mobile game have impressed developers, a survey released yesterday showed, while BlackBerry maker Research In Motion fell further behind.

Mobile software developers remain enamored with Apple's iPhone and iPad and, to a lesser extent, devices using Google's Android software, according to the survey from researcher IDC and Appcelerator, a company that works with app developers.

But in the second tier, Microsoft's partnership with Nokia helped it break ahead of BlackBerry maker RIM.

Quoted

"Amazon and Microsoft are the two big movers as we head into 2012. RIM continues to face challenges."

SCOTT SCHWARZHOFF, HEAD OF MARKETING FOR APPCELERATOR

Amazon's Fire uses a variation of Android, but developers were most interested in its low cost and rich content library.

"It has all the trappings of the next big thing," Schwarzhoff said, pointing out that interest in the tablet, which is due to ship today, is only slightly lower than the prelaunch interest in Apple's iPad.

Developers reporting they are "very interested" in RIM's operating system for its BlackBerry smartphones dropped 7 percentage points to 21 percent and its QNX-based PlayBook tablet dropped 6 points to 13 percent. By contrast, Microsoft added 8 points to 38 percent.

The dismal reading for RIM was blamed on lack of clarity on future direction, despite the Canadian company in October setting out a unified platform for future tablets and phones. **REUTERS**

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Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL!

The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry	Up To	$750	Art Deco	Up To	$13,000
Brooches	Up To	$15,500	Cuff Links	Up To	$1,000
Pendants	Up To	$8,000	Pins	Up To	$5,500
Necklaces	Up To	$26,000	Rings	Up To	$16,000
Cocktails Rings	Up To	$15,500	Art Nouveau	Up To	$12,500
Charm Bracelets	Up To	$5,500	Lavalieres	Up To	$8,000
Earrings	Up To	$10,500	Garnets Jewelry	Up To	$1,000
Bracelets	Up To	$13,000	Bakelite Rings	Up To	$750
Cameos	Up To	$750	Floral Design	Up To	$10,500
Victorian	Up To	$10,500			

We Need Your Jewelry Items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

DIAMONDS

Instant Cash For:

1/4 Carats	Up To	$375
1/2 Carats	Up To	$1,500
1 Carats	Up To	$4,250
2 Carats	Up To	$15,250
3 Carats	Up To	$20,000
4 Carats	Up To	$35,000
5 Carats	Up To	$43,000
6 Carats	Up To	$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!

Both Men & Women's Silver Jewelry Purchased

- Rings
- Earrings
- Chains
- Necklaces
- Pendants
- Bracelets
- Anklets
- Toe Rings
- Engraved

GOLD

All Types Needed Instant Cash For:

Pay up to for the following:

Chains & Necklaces	Up To	$250
Class Rings	Up To	$500
Charm Bracelets	Up To	$5,500
Wedding Bands	Up To	$250
Mountings	Up To	$750
Antique Items	Up To	$5,500
Single Flatware Items	Up To	$750
Dental Gold Items	Up To	$500
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

ALL TYPES OF COINS WANTED

We will pay up to for the following rare coins:

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

**Check your items to see if you own any of these valuable coins:*

U.S. Silver Halves - 1870 CC	Up To	$3,000
U.S. Silver Quarters - 1901 S Quarters	Up To	$2,500
U.S. Silver Dimes - 1885 S	Up To	$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse	Up To	$4,000
U.S. Two Cent - 1864 Small Motto	Up To	$1,000
U.S. Large Cent - 1803 Large Date Small Fraction	Up To	$1,250
U.S. Half Cent - 1793	Up To	$1,250

SILVER DOLLARS

We pay up to the following for rare dollars:

United States

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse	Up To	$25,000
Gobrecht reeded edge dye alignment	Up To	$5,500
1873CC Liberty Sealed	Up To	$5,500
1878CC	Up To	$15,500
1889CC	Up To	$13,000
1928	Up To	$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

Why We Can Usually Pay More Than Other Dealers

Most jewelers and dealers specialize in few items and focus on newer looking items to resell. Because they are unfamiliar with many other items including vintage jewelry, old watches, coins, flatware, etc. they tend to offer very low prices because these items are not readily saleable for them. Our company has many specialized buyers for the various classifications of items that we purchase, therefore we can usually pay more.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

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2 DAYS ONLY!

TOMORROW WEDNESDAY,NOVEMBER 16th & THURSDAY, NOVEMBER 17th at the Fitzpatrick Manhattan Hotel and the Marriott Brooklyn Bridge.

YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!

- ✓ **JEWELRY:**
- ☐ Gold Jewelry
- ☐ Silver Jewelry
- ☐ Diamond Jewelry
- ☐ Wristwatches
- ☐ Pocketwatches
- ☐ Antique Jewelry
- ☐ Cameos
- ☐ Platinum Jewelry
- ☐ Charm Bracelets
- ☐ Gold Rings
- ☐ Garnet Jewelry
- ☐ Enamel Items on Gold & Silver
- ☐ Dental Gold
- ✓ **COINS & PAPER MONEY:**
- ☐ Silver Dollars (Pre-1935)
- ☐ Silver Coins (Pre-1964)
- ☐ Silver Bars
- ☐ Gold Bars
- ☐ U.S. Gold Coins
- ☐ Foreign Gold Coins
- ☐ Gold Bullion Coins
- ☐ Proof Sets
- ☐ Mint Sets
- ☐ Paper Money (1860-1934)
- ☐ Coin Collections
- ☐ Carson City Silver Dollars
- ☐ Indianhead Pennies
- ☐ Investment Coins
- ☐ Certified Coins
- ✓ **STERLING SILVER:**
- ☐ Silver Jewelry
- ☐ Flatware Sets
- ☐ Single Flatware Items
- ☐ Tea Sets
- ☐ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To	$3,500
Claret Jugs	Up To	$750
Epergne	Up To	$8,000
Full Flatware Set	Up To	$8,500
Punch Bowls & Sets	Up To	$5,000
Single Flatware Items	Up To	$750
Tea Sets	Up To	$10,500
Trophies	Up To	$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

GOLD COINS

We pay up to the following for rare gold:

United States

*$1.00	1849 to 1889	*$5.00	1795 to 1833	*$10.00	1795 to 1804
*$2.50	1796 to 1834	*$5.00	1834 to 1838	*$10.00	1839 to 1932
*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To	$10,500
$2.50	1796 Capped Bust large left side	Up To	$18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To	$5,000
$3.00	1854D	Up To	$10,500
$5.00	1795 Small Eagle	Up To	$52,000
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	$20,500
$10.00	1859O, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

A. Lange	$25,500	Gallet	$1,250	Tiffany & Co.	$15,000
Audermars piguet	$32,500	Grubelin	$42,500	Ulyssee Nardin	$10,000
Ball	$4,000	Hamilton	$500	Vacheron & Constantin	$26,000
Breitling	$15,000	Illinois	$1,500	Chronograph Watches	$16,500
Cartier	$12,500	Jules Jurgenson	$16,000	Ladies Watches	$11,000
Corum	$3,000	LeCourtte	$6,000	Musical Watches	$37,500
Ditishiem	$14,000	Longines	$13,000	Pocket Watches	$52,500
Dudley	$11,500	Movado	$2,500	Regular Watches	$11,000
E. Howard & Co.	$12,000	Omega	$2,500	Repeating Watches	$85,000
Elgin	$750	Rolex	$16,000	Stop Watches	$11,000
Frodsham	$12,000	Seth Thomas	$1,500	World Time Watches	$37,500

Breitling Up To $15,000 | Rolex - All Kinds Up To $16,000 | Pocketwatches Up To $52,500 | Cartier Up To $12,500 | Longines Up To $13,000

PLEASE NOTE: We also purchase watches that are NOT in working order.

SILVER COINS

Paying Up To 2000% of Face Value. 1964 or Prior.

Why You Should Sell Now!

The Economy & Market Value

The recent downturn of our economy during the last three years has caused gold and other precious metal prices to soar to the highest levels of all time. This is the reason this is best time to sell before prices drop.

Get Cash Immediately

Our professional staff will provide you with a speedy evaluation and make all payments in cash.

No Charge

We do not charge for our consultations. Find out how much cash your unwanted items will put in your pocket. Many customers have been surprised and delighted by the amount of money they received.

Safe, Secure & Friendly

Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Licensed, Bonded & Insured

We are licensed, bonded and insured in all cities and towns in which we conduct business.

Help the Environment

Using recycled precious metals for jewelry is an important way for jewelers to source precious metals more responsibly. Precious metals that have already been used in some way, including "vintage," "renewed," or "reclaimed" metals from jewelry and electronics, are not directly implicated in the destructive impacts of mining. They do not share responsibility for the impacts of mining in the same way that newly mined gold does.

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— *C. Pace*

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— *J. Grace*

It was really fast!
— *A. Davis*

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— *J. Simek*

My service was exceptional!
— *C. Sweeney*

Very informative & professional. A relaxed atmosphere & experience.
— *D. Rees*

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.
— *D. Smith*

I was offered a certain amount at one place and when I told RCFG the amount they beat the price by a good amount. People are very friendly and courteous.
— *J. Bloomquist*

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!
— *C. Lang*

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International student enrollment hits all-time high

ISTOCKPHOTO

▶ The number of Chinese students in American schools increased dramatically in the 2010-2011 school year.

International student enrollment in the U.S. is at an all-time high, according to an annual report from the Institute of International Education.

The IIE says the number of international students at the nation's colleges and universities increased by 5 percent during the 2010-2011 academic year. This is the fifth straight year that international enrollment has gone up in the U.S. Last academic year, enrollment was up by 3 percent over the year before.

The uptick has a significant economic impact, too. International students contribute more than $21 billion to the U.S. economy through tuition and living expenses, according to the Department of Commerce, and the IIE says that almost 70 percent of all international students' primary funding, including tuition, comes from sources outside of the U.S.

According the report, China is largely responsible for the increase. The number of Chinese students in American schools increased by 22 percent overall and by 43 percent at the undergraduate level during the 2010-2011 school year. Students from India and South Korea also account for large percentages of the overall international student population.

California, New York, Texas, Massachusetts and Illinois were the top five host states for international students, the same as the year before. MAINSTREET.COM

EDUCATION OPTION.COM
THINKING OF CHEATING? READ EDUCATIONOPTION.COM'S LIST OF THE WORLD'S MOST PLAGIARIZED WEBSITES, FIRST

FELICIA PERRETTI/METRO

▶ Muhammad Ali attended the funeral yesterday of legendary boxer Joe Frazier.

Philly wants statue of Smokin' Joe Frazier

In front of thousands who came to pay their final respects to boxing legend Joe Frazier, civil rights leader the Rev. Jesse Jackson urged Philadelphia government officials to make a statue of the city icon a reality.

Jackson was among a long list of dignitaries including boxing greats Muhammad Ali and Larry Holmes, promoter Don King and athletes such as Dennis Rodman, who attended the funeral in Northwest Philadelphia. Jackson compared Frazier's accomplishments to that of fictional boxer Rocky Balboa, whose likeness in front of the Philadelphia Museum of Art is a landmark.

Quoted

"Tell them Rocky was not a champion, Joe Frazier was."
THE REV. JESSE JACKSON

"Tell them Rocky was not a champion, Joe Frazier was," Jackson said to thunderous applause. "Rocky never tasted his own blood, he never faced Ken Norton, he never faced Ali, he never faced Larry Holmes."

The effort to build a statue of Frazier is already said to be in the works by a group that includes former Gov. Ed Rendell, who was also in attendance yesterday. Mayor Michael Nutter's spokesman said the mayor also backs the initiative.

"For him, it is personal and he very much wants Philadelphia to honor Joe Frazier," said press secretary Mark McDonald.

Frazier died last week at the age of 67 after a bout with liver cancer.

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sleach@metro.us

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Von D on the 'superpoking' Jesse James

Say what you like about **Kat Von D**, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled, "Thank You, **Jesse James**," which she posted on Sunday, Von D says her relationship with James was "toxic" and claims he cheated on her with 19 women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were more right than you'll ever know' but you were," she writes. "Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

WWW.METRO.US/WORD
DOROTHY ROBINSON'S WORD BLOG

She isn't too harsh on James in the post. In fact, she actually almost sounds sympathetic: "It just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better co-worker and a happy individual."

And that, my friends, is how you take a "superpoker" to task on Facebook.

▶ The demure bride that is Kim Zolciak.

The blushing, be-wigged bride

Any time I can get the demure wallflower that is "The Real Housewives of Atlanta" star **Kim Zolciak** in The Word, I will. And Life & Style is more than happy to oblige, sharing with us a little preview picture of her wedding gown, which will be seen in the new issue Life & Style out Wednesday. Just as a refresher: Zolciak and Atlanta Falcons defensive end **Kroy Biermann** said "I do" before their closest friends and family during a Nov. 11 wedding ceremony in Atlanta.

"I just remember thinking, this is the day I've waited my whole life for," Kim tells Life & Style. "I really do feel like I'm dreaming."

Zolciak wore a $58,000 pre-owned, handmade Baracci gown made of Duchess satin and embellished with Swarovski crystals, pearls and embroidered lace. Life & Style did not disclose where she got her wig.

Talking points

Pitt to quit acting?

▶ Pitt

Brad Pitt says he wants to retire from acting at age 50. "Three years," the 47-year-old actor declares to the Australian edition of "60 Minutes." "I am really enjoying the producing side and development of stories and putting those pieces together." Pitt has apparently had the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming." But Pitt and partner **Angelina Jolie** aren't necessarily planning to quit expanding their family. "You know, I don't know that we're finished. I don't know yet. I don't know," he admits.

Middleton can't move on

▶ Middleton

Pippa Middleton is reportedly having a harder time dealing with her breakup from **Alex Loudon** than expected, according to the Sun. "Pippa tried to get over the split by spending last weekend with [**William and Kate**] at Balmoral," a source says. "She and Alex split briefly in the summer, but this time it's over. They are barely speaking." That might explain why she canceled plans to attend the high-profile Square Mile Masked Ball next week.

ALL PHOTOS: GETTY IMAGES

▶ Stern

Stern in talks for 'Talent'

With **Piers Morgan** bowing out of "America's Got Talent," shock jock **Howard Stern** is reportedly in talks to replace him as a judge on the talent competition, according to The Associated Press. Sources say Stern is being offered about $15 million a year to join judges **Howie Mandel** and **Sharon Osbourne**. There's little rush, though, as judges aren't needed until February.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Miley Cyrus has been laying low, Judd Apatow is not having a great flying experience, Ke$ha is having a wild time and Conan O'Brien is abusing his power.

▶ **@MileyCyrus:** Sorry I havent been tweeting as much! I deleted the twitter ap off of my phone. Just taking some "ME" time!

▶ **@JuddApatow:** Does the job of stewardess make most angry or does it draw those people in to the profession. You can always tell when one is over the edge

▶ **@keshasuxx:** Dave grohl just gave me a flask of moonshine.... #uhoh

▶ **@ConanOBrien:** So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!

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SPY A CELEB IN YOUR NEIGHBORHOOD? SNAP SOME PICS AT A GREAT SHOW LAST NIGHT? SEND YOUR SEEN ON THE SCENE PHOTOS TO **THEWORD@METRO.US** AND WE'LL PRINT THE BEST ONES HERE.

Giving you a thumb's up for your Tuesday morning

1. Axl Rose of the band Guns N' Roses performed at Target Center in Minneapolis, Minn., on Sunday.

2. Damian McGinty, who won the first season of "The Glee Project," gave a thumb's up at the open casting call for the second season at the Roy Arias Studio in New York City on Sunday. McGinty is now starring on "Glee" as an Irish exchange student.

3. Catherine Zeta Jones was seen on location during the filming of "Broken City" — an upcoming crime thriller due in 2013 — in New York City on Sunday.

4. Elijah Wood, who is reprising the lead role in "Happy Feet Two," showed up to the film's premiere at Grauman's Chinese Theatre in Hollywood on Sunday.

5. Khloe Kardashian attended the 2011 Hollywood Style Awards at Smashbox West Hollywood on Sunday.

6. Maggie Q arrived at the Coalition of Asian Pacifics in Entertainment 20th Anniversary Gala held at in Los Angeles on Saturday.

3: ADAM BETTCHER/GETTY IMAGES
2: TAYLOR HILL/GETTY IMAGES
3: ARNALDO MAGNANI/GETTY IMAGES
4: JASON MERRITT/GETTY IMAGES
5: FREDERICK M. BROWN/GETTY IMAGES
6: ALBERT L. ORTEGA/GETTY IMAGES
7: RYAN MILLER/GETTY IMAGES

7. Star of ABC comedy "Modern Family," Jesse Tyler Ferguson, attended the opening night of "Bring It On: The Musical" at Center Theatre Group's Ahmanson Theatre in Los Angeles on Friday.

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Expert tips

Six must-have makeup brushes

Beauty expert Raychel Wade — La Prairie's Colour Ambassador, makeup artist and founder of consulting service Cheektochic.com — shows us some essential tools for our beauty arsenal.

TINA CHADHA
tina.chadha@metro.us

Why are brushes so important?

"Brushes are designed to help your makeup go on better," explains Wade. "Companies give a lot of thought into the shape of the brush and the type of hair that works well for picking up and depositing pigment. I tell my clients a high-quality brush will last you for years. They're a great investment."

MAC 239 Eye Shader Brush, $25, www.maccosmetics.com "The concentrated bristles are great for applying, depositing and building color on to your eyelids."

MAC 217 Blender Brush, $23, www.maccosmetics.com "It's the perfect blender brush that fits into the crease [of your eye]."

MAC 266 Small Angle Brush, $20, www.maccosmetics.com "The angle of this liner brush can give you both a precise line or a more blurry one for a smoky eye."

NARS Yachiyo Kabuki Brush, $50, www.narscosmetics.com "The egg-shaped head is great for depositing color on your cheekbones as well as highlighting them."

Dermablend Professional Concealer Brush, $22, www.dermablend.com "The unique shape fits into the nooks of your eyes and around your nose. It's also great for applying cream shadow or primer."

Armani Designer Foundation Expert Shaping Brush, $51, www.giorgioarmanibeauty-usa.com "The small head and short hairs are ideal for working the foundation into your skin for a seamless finish."

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Honorary Chair Thom Brown, along with co-chairs Patricia Clarkson and Rachel Roy, are hosting a four-day charitable shopping event to raise funds for homeless and low-income New Yorkers living with HIV/AIDS. The sale will feature more than 150 brands.
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INTRODUCING...FREE LUNCH SWEEPSTAKES

Korean Food Foundation Launches Free Lunch Sweepstakes

Have you ever heard the expression "there's no such thing as a free lunch?" Well, now there is! Now through November 23rd, New Yorkers have a chance to win a catered Korean lunch for 20 people in their office in the Korean Food Foundation's Free Lunch Sweepstakes.

Five winners will be chosen daily and every entry to the Free Lunch giveaway will generate $1.00 to Action Against Hunger — a global humanitarian organization working to save the lives of malnourished children while providing safe access to water and sustainable solutions to hunger.

To enter, visit **facebook.com/tasteofkoreanyc**.

Lunch deliveries will consist of traditional and contemporary Korean dishes — ranging from bulgogi and japchae to fried chicken and kimchi tofu patties. The food will be prepared by one of nine popular NYC Korean restaurants. This exciting program is an effort to showcase Korean food as a healthy, well-balanced alternative to your usual lunch options. So whether you are looking to try a delicious new cuisine, impress a co-worker or are just strapped for cash, enter the Free Lunch Sweepstakes today and discover Korea's delicious secret.

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▶ When our writer got lost she asked WWMKD? That's Mindy Kaling.

You can't write a novel in a month in a vacuum

As National Novel Writing Month continues, our experimental author finds more words flow after reading the words of others A little advice helps too

Sam writes a novel

SAMANTHA SWEENEY
TWITTER: @SAMWRITESANOVEL

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National Novel Writing Month is almost half over, and so is my novel. The beginning of week three marks more than 25,000 words that I've written since the beginning of the month.

My great (or pretty obvious) discovery this week was that reading is an absolute must when attempting to write any sort of long prose. I took a couple days off from NaNoWriMo and immersed myself in two books: Haruki Murakami's "Sputnik Sweetheart" and Mindy Kaling's new book "Is Everyone Hanging Out Without Me? (And Other Concerns)."

Have you ever experienced the phenomenon where if you stare at a word for too long, you start to wonder what it actually even means? That's how I felt with all the time I spent with the document open on my computer, trying to think of the next scene to write. Instead of driving myself crazy, I looked to other pieces of literature to remember how to write again.

I allowed myself to leisurely enjoy the books to take my mind off of my own work. Come Sunday morning, I felt re-energized — and when I began writing after two days off, the words seemed to flow off my fingers and onto the keyboard.

With the help of Manhattan-based literary agent Josh Getzler, who so generously offered to read my work as I travel through November, I was able to create a better balance between description and action in the next 15,000 words of my novel. His advice has been helping the story gather direction and meaning.

Week four goals

- Write powerful scenes leading to the climax of the novel. How would these moments change the main characters? Show — do not tell — these changes!

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Mary Kay Lobo, Mount Sinai School of Medicine
Ruth Van de Water, Brookhaven National Laboratory
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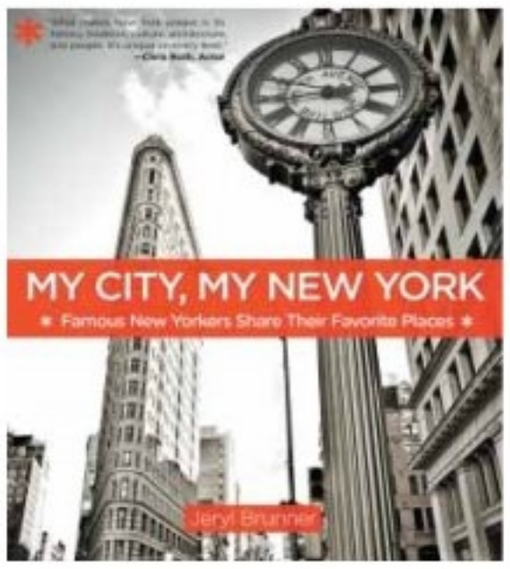
The New York Academy of Sciences
www.nyas.org/Blavatnik

A celeb's guide to New York



Where does Matthew Broderick like to bike? What's Woody Allen's idea of a great night out in the city? Read 'My City, My New York' for a New York notable's guide to our fine city

Amidst the daily hustle and bustle (and sometimes, the occupying of Wall Street) of New York City, it is easy to forget that we live in one of the greatest cities in the world. But Jeryl Brunner's new book, "My City, My New York," helps remind us of the beauty and magnificence of the city, while also offering up tips and insights from New York notables.

"It holds a dual purpose. On one hand, it gives information on some of the best places the city has to offer; and on the other, it has a personal element to it," she explains.

"The possibilities to enjoy the city are just limitless."
JERYL BRUNNER

Nearly 300 celebrities, including Woody Allen, Tina Fey, Sarah Jessica Parker and Mayor Michael Bloomberg, share their thoughts on some of the best places in the city. Some divulge the names of their favorite restaurants and shopping districts, while others simply offer up what they consider the best spot in Central Park.

"Everyone has their own unique ritual. Everyone has their own notion of a perfect day in New York," Brunner elaborates. "It is different for each individual. But when you put them all in a book, it becomes a declaration of love and admiration for the city."

As for Brunner, who moved to the city in 1983, her idea of a perfect New York day is to simply ride along the Hudson River bike path, enjoy a salad at Barney's, and then catch a play in the evening.

"The possibilities to enjoy the city are just limitless," Brunner says. "You'll find that in the book, the celebrities talk about all these different things to do or see, and even I haven't even done them all yet."

NICHOLAS LIM
letters@metro.us

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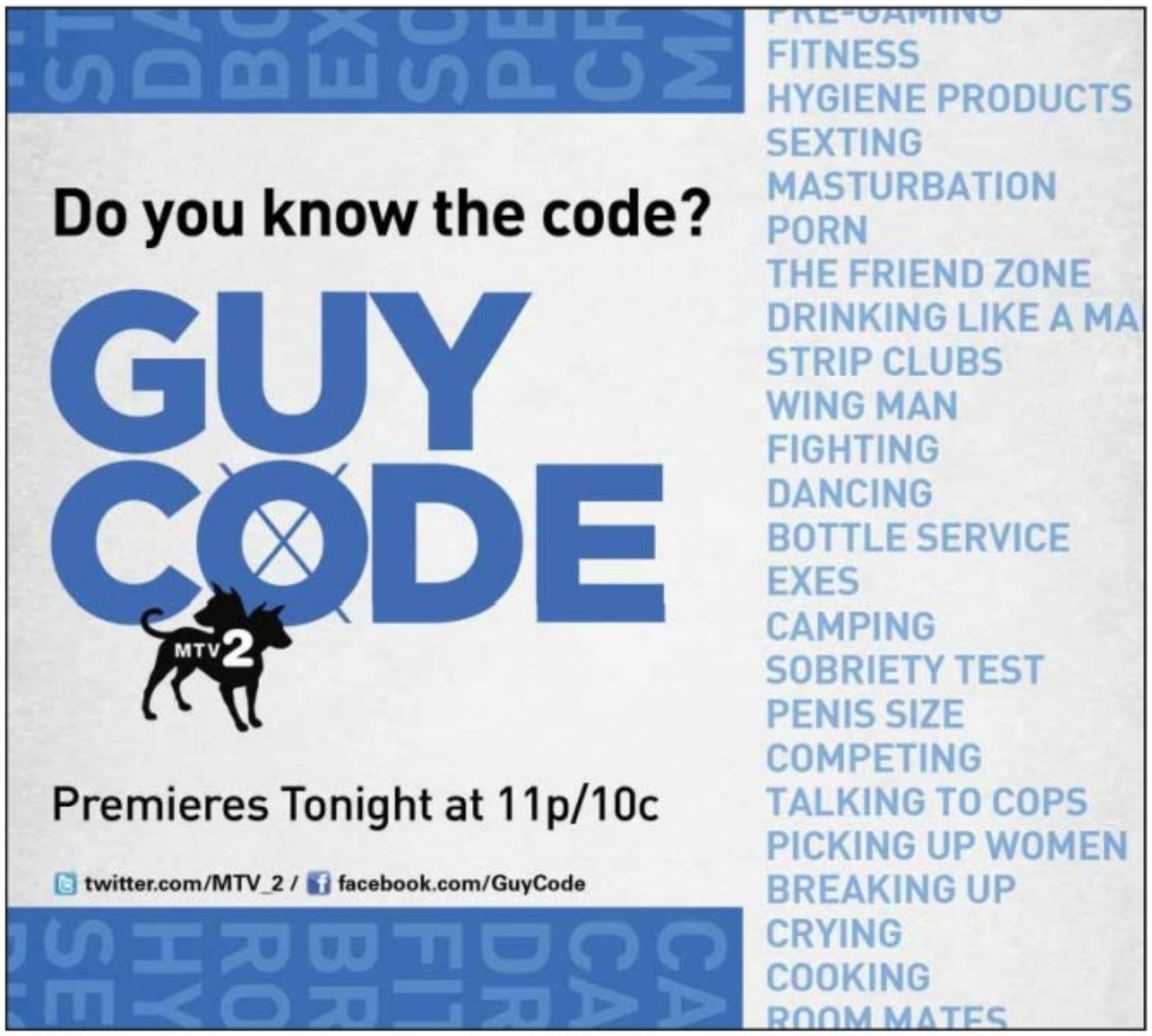

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TV watch list

PATRICK MCELHENNEY/FOX

▶ Justin Long guest stars as Jess' crush Paul on "New Girl."

'New Girl'

COMEDY. Thanksgiving episode! Jess tries to impress a love interest (guest star Justin Long) by cooking the turkey in the dryer. Not her first option, but trying to roast him — the bird she named Hank, not her maybe-soon-to-be-boyfriend — with her body heat just wasn't working.
9:01 p.m., Fox

'Ringer'

DRAMA. Bridget makes an appointment with Siobhan's shrink in an attempt to learn more secrets about her twin.
9 p.m., The CW ● **AMBER RAY**

'Raising Hope' springs eternal

● How a Fox comedy gets away with such bold backstory choices so late in the game ● Creator talks big decisions

ISABELLA VOSMIKOVA/FOX

▶ The Chances — Garret Dillahunt, Martha Plimpton and Lucas Neff, from left — find new ways to cut costs while grocery shopping in the Season 1 finale. "Raising Hope" airs Tuesdays at 9:30 p.m. on Fox.

The writers of "Raising Hope" come up with such reckless backstories (mild-mannered main character Jimmy Chance's angry goth phase, his father's decision to fake a kidnapping to go live in a Winnebago with a stranger, etc.) it almost seems as though they're constantly thinking the show is about to be canceled. But creator and executive producer Greg Garcia says the moment that they found out they were renewed for a second season was actually when they started taking these wild liberties.

"If anything," says Garcia, "it was more like, 'Hey, we're green lit for a second season. Let's do something and get crazy with this!'"

It's not like the show began with the most regular premise — Jimmy, a 23-year-old grocery store employee, has a one-night stand with a serial killer, gets her pregnant, and has to raise their daughter after she is executed. Meanwhile, Jimmy still lives at home, with his senile great grandmother and his parents, who are only about 15 years older than he is. But Garcia and company took it a few steps further.

"I think just toward the end of the season, we — the writers and I — sat down and thought about what would be a good season ender," he says, "then we came up with all those people's backstory. ... It was just fun and we knew what we had done during the year, so we knew what we kind of had to stick true to."

This season has seen similar bold back story choices. In the premiere, Jimmy learns from an old home video that he was a musical prodigy. As he tries to reclaim his talent, he can't match the younger version of himself, played hilariously by young YouTube sensation Greyson Chance, who not only has the same last name as the characters, but looks a lot like Lucas Neff, who plays Jimmy.

"His YouTube videos blew my mind along with all of the other teen girls out there," says Neff.

PAT HEALY
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Looking like 'Six Million' bucks

This week's episode follows the show's newfound tradition of unexpected guest stars adding to the backstory as the Chance family gets a last-minute visit from Jimmy's wealthy paternal grandparents — played by none other than "The Six Million Dollar Man" and Mrs. Partridge (aka Lee Majors and Shirley Jones, respectively).

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While Shimabukuro's ukulele gently weeps

DANNY CLINCH

▶ Shimabukuro is a viral video success story. Tonight he plays a sold-out show at Highline Ballroom.

Jake Shimabukuro is in the airport in his homeland of Hawaii, waiting to begin a tour that will take him across the U.S. and then to Japan and Korea. He says the ukulele he carries with him often sparks interesting conversations.

"Sometimes I'll be walking around the airport, and somebody will say, 'What's in the case?' and I'll say it's a ukulele," he says. "And that person will go, 'Oh, have you seen that guy on YouTube in Central Park?' and I'll say, 'Oh yeah.'"

He usually doesn't tell the person that he has not only seen the video, but that he actually is "that guy on YouTube in Central Park." Six years and 8 million views later, Shimabukuro wears his hair longer, and doesn't wear the glasses he dons while playing a virtuoso version of The Beatles' "While My Guitar Gently Weeps."

"It's amazing," says Shimabukuro, who has toured with Jimmy Buffett, Bette Midler, Cyndi Lauper and Ziggy Marley. "That short video has really made a touring career for myself. It's just been the greatest promotional pseudo-music video."

Shimabukuro's voice is laid-back and belies the complexity and ferocity with which he delivers songs like "Bohemian Rhapsody" and nine exquisite originals on his new album, "Peace, Love, Ukulele."

"Up until maybe six years ago, there was no such thing as a touring solo ukulele player," he says. "I'm enjoying it. I mean, I pinch myself every morning — but if one day it all stops, I'll die a happy man."

PAT HEALY
pat.healy@metro.us

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Weaning your baby: Spoon-fed or baby-led?

With your firstborn, it feels like every time you think you've mastered one baby-rearing challenge, you're set with the next. Just when you've finally stopped fretting about how much milk your growing infant is drinking, you're faced with new anxieties about when to start feeding the baby solids, whether the meal is nutritious enough and if he or she will actually eat it.

There are two major approaches to weaning — the traditional spoon-fed method where the parent is in control, and the modern, "baby-led" weaning where the baby learns to feed itself.

"With first babies, moms often lack the confidence to combine the two methods," says Dr. Rana Conway, author of "Weaning Made Easy." "They find it reassuring to follow a set of guidelines."

There are, however, advantages to both techniques, and combining methods is easy, says Dr. Conway. "The balance between spoon-feeding and self-feeding depends on your baby and what you're doing that day," she explains. "It also changes over time. Most babies need spoon-feeding to start with, but it's also vital to give them something to try to eat with their fingers too, even if they just play with it. They'll be getting the nutrients they need, but they can also learn about real food. After a few months, self-feeding really takes off — and by a year, most babies will only need help with foods like yogurt. It's really about taking a balanced approach and seeing what works."

▶ "Here comes the airplane!"

STOCKBYTE

Two easy meals

For babies, Dr. Conway recommends:

- **Left-over pasta** with mashed avocado, peas, natural yogurt and grated cheddar
- **Scrambled egg**, toast pieces and chopped tomato

Can you prevent fussy eating?

"Some babies are just naturally more picky than others," Dr. Conway says, "but evidence shows you can increase the chances of your child enjoying a healthy range of foods if you sit down to eat with them and give them the opportunity to try lots of different foods. It's also essential that you give them healthy meals. It seems obvious, but if you don't keep offering them vegetables, you can't blame them for not eating their greens. The more often a baby is given a certain food, the more likely she is to eat it and enjoy it. The idea of eating healthy meals together isn't rocket science; but for busy parents, it takes a conscious effort."

New product

For those not yet ready

Mimijumi's "Very Hungry" baby bottle looks just like a nipple, easing your child's switch from breast to bottle. And just like with a real nipple, the baby must latch on for the bottle to start distributing milk. Did we mention it's BPA- and phthalates-free?

METRO/ME

EMMA E. FORREST
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Parenting notes

Worth a visit

Educating future generations about obesity's causes and effects is crucial in the fight to get our nation in shape. EatSleepPlay, a new exhibit at the Children's Museum of Manhattan, is out to teach kids the importance of healthy eating habits, playtime and rest. At the 3,500-square-foot exhibit, children can crawl into a giant brain to learn about choosing good-for-you foods, pump blood through a 7-foot throbbing heart and take part in more than 70 other hands-on activities. The exhibition is part of CMOM's larger three-year mission to curb childhood obesity. For ticket prices and more information, visit www.cmom.org.

▶ Kids learn how the brain plays a part in healthy eating at CMOM's new exhibit, EatSleepPlay.

THE LATEST IN HEALTH NEWS
HEALTH.METRO.US

Support from the 'Street'

"Sesame Street" and The Electric Company have teamed up to support military families through a new collection of resources. Just-launched Familiesnearandfar.org is a bilingual website designed for military families. And the Feel Electric! free smartphone app encourages kids to understand and express what emotions they experience. There's also a special edition of The Electric Company magazine for families, as well as a learning program for educators.

MEREDITH ENGEL

NOTICE OF FY 2012 ANNUAL PUBLIC MEETINGS

The Board of Directors of the New York City Health and Hospitals Corporation invite you to attend its Fiscal Year 2012 Annual Public Meetings in accordance with §7384(10) of the HHC Enabling Act.

Following a report on the activities of the Corporation, the public is invited to make oral and/or written presentations. Allotted speaking time is FIVE (5) minutes. Speakers are asked to register in advance by writing or calling:

Ms. Patricia Lockhart
Secretary to the Corporation
New York City Health and Hospitals Corporation
125 Worth Street, Room 519, New York, New York 10013
Telephone: 212-788-3360

Limited Interpreter and American Sign Language services may be available upon request in advance of registration deadline dates ONLY.

On-site registration will be available at each location on the day of the meeting beginning at 5:30 p.m. and ending at 6:30 p.m. Speakers who register in advance will be given priority on the speaking schedule.

These events are Wheelchair accessible.

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nyc.gov/hhc

QUEENS
MONDAY, NOVEMBER 28, 2011 - 6 PM
ELMHURST HOSPITAL CENTER
79-01 Broadway
Auditorium-Main Entrance-A1-22
Elmhurst, NY 11373
Advance Registration Deadline: 11/25/2011

BROOKLYN
WEDNESDAY, DECEMBER 7, 2011 - 6 PM
WOODHULL MEDICAL & MENTAL HEALTH CENTER
760 Broadway
Delores E. Jackson Auditorium, 3rd Floor
Brooklyn, NY 11206
Advance Registration Deadline: 12/05/2011

BRONX
MONDAY, DECEMBER 12, 2011 - 6PM
LINCOLN MEDICAL & MENTAL HEALTH CENTER
234 Eugenio Maria de Hostos (149th Street)
Main Floor Auditorium
Bronx, NY 10451
Advance Registration Deadline: 12/09/2011

STATEN ISLAND
WEDNESDAY, JANUARY 18, 2012 - 6 PM
SEA VIEW HOSPITAL REHABILITATION CENTER & HOME
460 Brielle Avenue
Lou Caravone Community Services Bldg.
Staten Island, NY 10314
Advance Registration Deadline: 01/13/2012

MANHATTAN
TUESDAY, JANUARY 24, 2012 - 6 PM
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New York, NY 10037
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- ❑ Is it difficult for you to eat, drink, or write while others may be watching you?

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Letters

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Executive pay kills off jobs

RE: "WHY OCCUPY? DEBATE RAGES": What makes right-wingers like Roger Keller think the only acceptable form of competition is winner-take-all? If one person has more ambition, brains and luck than another, let them make more money. Maybe 50 percent more — five, ten times as much. What we have is far more extreme, with a handful of people becoming billionaires while most are squeezed just to pay for housing.
DAN WYLIE-SEARS, VIA E-MAIL

I was recently told that workers get paid based on what they are worth. A few years ago I would have agreed, but now it seems the only employee that matters to a corporation is the CEO, with most of the other people getting laid off or being asked to work for the same pay rate for multiple years even when their workload has increased substantially.
SEAN DAVIS, VIA E-MAIL

Protesting? Not working

OWS protesters haven't the first clue about the American dream, because the dream that built America was built on one ingredient — work. There's a new dream today: It's not work hard and get ahead. In today's America, work is for suckers. We can't stop illegal immigration — who's gonna do all the work?
MICHAEL CHIMENTI, QUEENS

OWS is a global movement for a variety of reasons, and one of them is the unfairness of big banks. Who wants to invest their money into a system that is constantly plotting on ways to nickel and dime them? Not only that, these banking institutions have set the bar so high that even small businesses that could be launched to help rebuild our econony are being turned down for loans.
JONATHAN PERRY, VIA E-MAIL

What about Paul, people?

Rarely is Ron Paul mentioned in Metro. He's the only one who's different from Romney, Cain and Perry. They're all the same: sellouts to special interests and corporations.
A.P. BLAKE, VIA E-MAIL

The 2012 presidential election seems to be shaping up to a contest between an incumbent who has disappointed many of his supporters and a challenger who is viewed favorably only when compared to his competitors.
DAVID TERHUNE, BROOKLYN

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** Whereas sometimes it is smart not to reveal your plans prematurely, today it might be wise to let others know where you're heading. Get them working with you, not against you.
♐ Sagittarius **Nov. 23-Dec. 21.** In order to get others to readily forgive any infractions you have made, you need to hope you've been merciful with them in the past.
♑ Capricorn **Dec. 22-Jan. 19.** Don't expect those who haven't been supportive of your positions in the past to suddenly be so today. Be prepared to proceed without them.
♒ Aquarius **Jan. 20-Feb. 19.** A negative attitude will not only make matters worse for you today, but it is likely to be extremely annoying to your associates as well.
♓ Pisces **Feb. 20-March 20.** Don't get drawn into putting good money after bad again; you've made this mistake in the past. If something didn't work before, why would you think it would now?
♈ Aries **March 21-April 19.** Be careful about entering into a partnership arrangement with someone who owes more than he or she can handle. The responsibility for this person's debts could easily shift to you.
♉ Taurus **April 20-May 20.** How you phrase things can either make you or break you today. The wrong choice of words could quickly anger someone who may be a supporter.
♊ Gemini **May 21-June 20.** Be the first one to generously ante up your fair share of costs for an outing with friends today. Holding back to see what others are giving could seem like you're being cheap.
♋ Cancer **June 21-July 22.** The cost of success could be a bit more expensive than you're prepared to pay. Before getting involved in something that is too opulent for you, check with someone who has been there.
♌ Leo **July 23-Aug. 22.** Your very nature is adventurous and courageous, yet today small doubts could intimidate you from moving forward on something you've never tried.
♍ Virgo **Aug. 23-Sept. 22.** Your tolerance for people who tend to be takers rather than givers will be at a very low ebb. If you're forced to work with them today, cross words could be exchanged.
♎ Libra **Sept. 23-Oct. 23.** Get into character today, and be as diplomatic as you can. Without meaning to, you could make others think you're competing against them instead of working with them.
BERNICE BEDE OSOL

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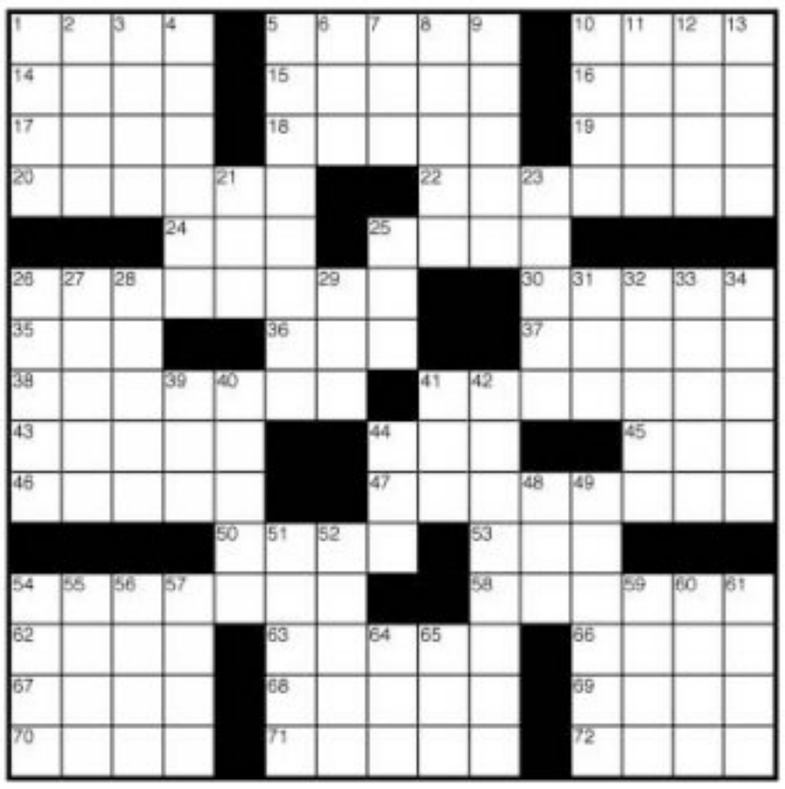
14 "Mona __"
15 Peace goddess
16 Box
17 Prof.
18 Blank a tape
19 Church alcove
20 Grave risks
22 Seized the throne
24 Glove leather
25 Keep an appointment
26 Faultfinders
30 Burned up
35 Pay dirt
36 Tongues do it
37 Hardened
38 Chisholm Trail stop
41 Lake activity
43 Passion
44 Cable __
45 Foot part
46 Deride
47 Conservatives (2 wds.)
50 Bloke's streetcar
53 Room offerer
54 Sparkled
58 Shade of meaning
62 Go at an easy gait
63 March composer
66 Night crawler
67 Valhalla honcho
68 Wrong move
69 Genesis hunter
70 Didn't stay
71 Bopper lead-in
72 Cotillion honorees

Down
1 Lingerie buy
2 Cat's lives
3 Gorby's realm
4 Hand-dyes with wax
5 Secures firmly (2 wds.)
6 Bruin great
7 Teachers' org.
8 Happen next
9 Singer Della __
10 Kind of tissue
11 Reindeer herder
12 To be, to Cato
13 Heroic exploit
21 Sass
23 City on the Mohawk
25 Food additive
26 Insulation types
27 Not rural
28 Trawler gear
29 __ kwon do
31 Squeal on
32 Watchdog breed
33 Opera voice
34 Made a border
39 Big fib
40 Space station view
41 Checkbook amt.
42 So-so
44 Web suffix
48 Lion's quarry
49 Not at all impressed
51 Turn back the clock
52 Be crazy about
54 Go with the __
55 Mine find
56 Neat as ___
57 Dispatched
59 Winning margin
60 Grouchy one
61 Ostrich relatives
64 "Where Eagles Dare" actress
65 Family member



5				4			8	2
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			2		1			
					4	2	7	
	6		7					5
	8	4	9	6				
7	5			2				9

SUDOKU **LEVEL: EASY**

	2	1			5			7
		4		7	1			3
9	7					2		
4		6			3			
		2				1		
			5			7		6
		7					9	2
8			6	4		3		
2			9			6	8	

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: **WWW.METRO.US/PUZZLES**

Solution to yesterday's crossword

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holidays

Tips for (nearly) painless travel this Thanksgiving

It's the busiest travel time of the year Make your getaway slightly less hectic with this advice

With Nov. 23 being the busiest travel day of the year, Thanksgiving travel is always a stressful experience. But you need to see your family sometime, so we asked Gabe Saglie, senior editor of Travelzoo — an online publisher of travel, entertainment and local deals — how to avoid the top headaches. Wondering how to handle the stress of your family when you finally get to your destination? Well, you'll have to figure that out on your own. METRO

1. Don't check bags, but if you must ...

Think like a business traveler and avoid checking bags altogether. But be sure to adhere to carry-on limits, as they're especially enforced during holiday travel periods. If you must check bags, don't over-pack; some overweight bags cost $100 if they're more than 50 pounds — or $400 if they're more than 70 pounds on international flights.

2. Be transparent

The plastic baggie is your friend, so know the TSA's 3-1-1 Rule: limit liquids and gels to 3-ounce containers in 1 quart-sized zip-top baggie, and 1 bag per flyer. Also, do not wrap Christmas gifts, as anything that looks suspicious could be unwrapped at security.

WWW.METRO.US/TRAVEL
FOR MORE OF METRO'S TRAVEL COVERAGE

JEWEL SAMAD/AFP/GETTY IMAGES

▶ A scene from last year at the Regan National Airport in Washington, D.C. on Nov. 24, 2010.

3. Use technology to your advantage

Download apps to help keep track of things like schedule and gate changes, weather and alternate flights; Travelzoo's iPhone app (and others on the market) allow travelers to browse, book and redeem geo-targeted travel and entertainment deals from their phone, without having to print from a computer. Also, check in from your computer as close to 24 hours before your flight as possible — and program as many details of your itinerary as possible into your smartphone.

4. Package as much as you can up front

Bundling as many aspects of your vacation as possible will save you money. Include things like hotels, show tickets, tours, transportation, etc. to make your overall travel simpler and easier.

5. Consider alternate modes of transportation

Want to avoid airport lines, fees and delays? Map out a highway route and make it a family road trip; just be sure to keep tabs on the weather. And look at travel by train or even bus to both cut travel costs and to create a unique, memorable travel experience.

Airports

TOP 5

Orbitz ranks the busiest airports this Thanksgiving:

1. **1.** Chicago O'Hare International
2. **2.** Los Angeles International
3. **3.** Denver International
4. **4.** San Francisco International
5. **5.** Atlanta Hartsfield International

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DEAN LISK
letters@metro.us

Want to experience a more laid-back Miami? Sunny Isles Beach offers a great location without the club kids and uber-chic crowds of South Beach

Sure, all roads may lead to Rome — but in the Miami-Dade county area, all roads lead to Sunny Isles Beach. Nestled between downtown Miami and Fort Lauderdale, this oceanside community is the perfect stepping stone from which to explore the rest of the region. The center of Florida's Riviera — or "paradise" as locals call it — is minutes from trendy Miami Beach to the south and gay-friendly Lauderdale to the north. To the west are some of the state's shopping Meccas, while the east offers swimming, fishing, boating and quick jaunts to the Bahamas.

Where to explore

Take a walk along the beach — past the resorts, 1950s hotels, high-end residential condos and the half-mile pier. Friendly lifeguards, who offer everything from CPR to directions, patrol the beach regularly. Walk too far down Sunny Isles' 2.5-mile beach and you encounter the brightly painted lifeguard stations of Haulover — the nude beach where locals, and some well-known celebrities, get rid of their tan lines.

Where to stay

The Trump International Beach Resort offers 390 oversized rooms, including junior and deluxe suites with kitchen facilities for families who want to make their own meals. Feel like eating in? The resort has two restaurants: Neomi's, offering contemporary American cuisine, and Fusion Restaurant and Lounge, offering a new take on Asian, located off the lobby. The grounds of the resort — which is in the final stages of an update — includes tennis courts, two pools and beach access.

Shopping

▶ Sunny Isles Beach is close to some of the region's premiere shopping centers. Anchored by **Nordstrom**, **Bloomingdale's** and **Macy's**, **Aventura Mall** features more than 300 stores and restaurants; it's among the top five highest-grossing shopping centers in the U.S. A short drive away is **The Village at Gulf Stream Park**, an outdoor shopping and entertainment center where you can also drop a few coins in the slot machines or place a bet on the horses — just like the Rat Pack did in the mid-'60s.

Where to visit

Once destined to become a housing development, Oleta River State Park has been allowed to grow back into a natural reserve in the midst of a city. The park, with more than 1,000 acres, is popular with joggers, hikers and anyone who just wants to get away from the hustle-bustle of the city for the afternoon. The Blue Moon Outdoor Center rents kayaks, canoes and bicycles so visitors can explore waterways frequented by manatees and dolphins, or bike through 15 miles of trails. Rough it, Miami-style, in one of 14 air-conditioned "primitive cabins" that come with double beds and bunk beds. You need to bring your own sheets.

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CHRIS TROTMAN/GETTY IMAGES

▶ Ryan was again left apologizing for something he said in the heat of the moment during Sunday's game.

'I just popped off'

Rex Ryan apologizes for dropping F-bomb on fan at halftime ◐ Says emotions got the best of him ◐ NFL looking into incident caught on video

For the second time in less than 24 hours, Jets head coach Rex Ryan is apologizing.

In the early morning hours Monday, Ryan apologized for his team's poor performance. Monday afternoon, Ryan was apologizing again for his own actions.

Ryan, no stranger to putting his own foot in his mouth, appears to have found a way to put another in there.

As he walked off the field at halftime, a fan taunted Ryan, screaming that "Belichick is better than you." Ryan yelled back, "Shut the f— up."

"It was right after halftime, [we] obviously made the mistake with the timeout, gave up the touchdown. I was just full of emotion, and I just popped off," Ryan said.

The video was posted on YouTube and the NFL said they're looking into it.

"I make mistakes all the time," Ryan said. "I'm not perfect by any stretch. I try to get better. Sometimes I let my emotions get the best of me."

KRISTIAN DYER
sports@metro.us

Short week for Jets may be good

What was being talked about as a scheduling disaster last week is now looking like a good thing.

The NFL decided to schedule the Jets this past Sunday night, giving prime-time coverage to their 37-21 loss to New England. Then, four days later, they fly from New York to Denver to play the Broncos in another national broadcast.

"The fact that we just got beat like we got beat, it's probably a good thing, so we can't dwell on it," Ryan said of the schedule. "That's the thing that we have to do; we have to move on."

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EZRA SHAW/GETTY IMAGES

▶ Eli Manning threw for 300 yards, but two turnovers cost the Giants the win.

Giants feel one slipped away

- Missed opportunities doom New York in road loss
- Defense shuts down Gore, but turnovers kill chances

The Giants felt they let one slip away Sunday.

Atop the list of missed opportunities was that for the first time all season Big Blue stymied an opponent's main offensive threat.

Niners running back Frank Gore came into the contest riding a franchise-record five consecutive games with at least 100 yards, but ended Sunday's contest with zero yards on just six carries. Gore bowed out early in the second half with a knee injury, but even when healthy he was ineffective.

New York's defense was stellar against the run, but overall they played as uneven a game as they've had all season.

"We did lose the turnover battle and that hurt us. Plus, being 1-of-4 in the green zone," Coughlin said. "We talked about not getting just field goals because that would be an issue … ultimately we waited too late to do what we wanted."

TONY WILLIAMS
sports@metro.us

Vick hurting

The Eagles announced Mike Vick has two broken ribs and will be questionable for Sunday against the Giants.

Coughlin said he hasn't started the game plan yet, but added his team will be ready to bounce back in a big way.

"For the most part, we will prepare like he is going to play and if he doesn't, we are not mad at him," safety Kenny Phillips said.

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A trip to the Island

Islanders host Rangers in urban-suburban rivalry ◗ Isles enter game reeling, second-worst record in NHL ◗ Blueshirts have won six straight

As his postgame interview with MSG Network's Peter Ruttgaizer progressed Sunday night, Islanders coach Jack Capuano's face became an amalgamation of anger.

The credit for Capuano's ills can be given to his charges.

"There [are] no excuses. We have to finish our checks. We have to be more physical," Capuano said after the Islanders' 4-1 loss to Vancouver.

The Islanders are 1-6-3 since Oct. 20 and their 4-7-3 record is the second worst in the NHL. The Islanders' 29 goals are the fewest in the league while their 43 goals allowed ranks 19th out of the league's 30 teams.

"We have to find the will to win. We can talk a good game. The players can talk a good game. But you have to find the will to compete every single night," Capuano said, a damning critique of a team that was a trendy preseason pick to reach the playoffs. "At some point, if it doesn't, the lineup is going to have to change and other guys have to get an opportunity."

On TV tonight

Rangers vs. Islanders
7 p.m., MSG

It's in this atmosphere that the Islanders host the Rangers tonight at the Coliseum.

The Islanders won the first match, 4-2, at home on Oct. 15. But as the Islanders have descended, the Rangers have ascended — having won six in a row.

DENIS GORMAN
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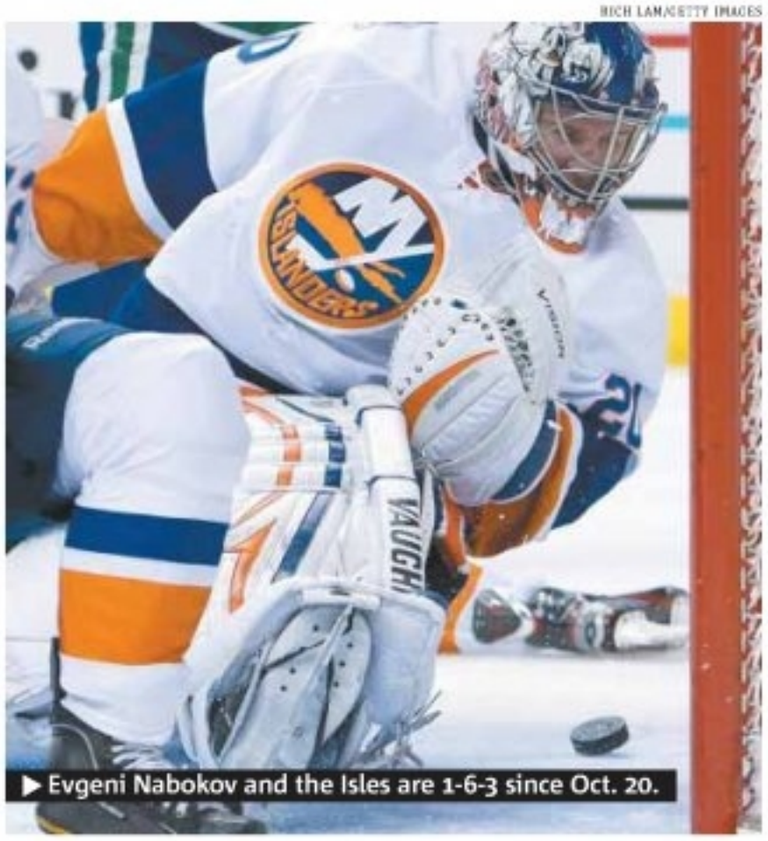

▶ Evgeni Nabokov and the Isles are 1-6-3 since Oct. 20.

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NOTICE IS HEREBY GIVEN that a license, serial # Pending for beer, wine & liquor has been applied for by the undersigned to sell beer, wine & liquor at retail in a restaurant under the Alcoholic Beverage Control Law at 726 Amsterdam Ave., New York, NY 10025 for on-premise consumption. Amsterdam 726 Inc.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW
that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, December 7, 2011 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from DLS Chicken Corp. to continue, to maintain, and operate an unenclosed sidewalk café at 355 Amsterdam Avenue in the Borough of the Manhattan for a term of two years.
REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW
that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, December 7, 2011 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Chicken Shack Inc. to continue, to maintain, and operate an unenclosed sidewalk café at 35-02 30th Avenue in the Borough of the Queens for a term of two years.
REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE OF FORMATION OF 763 Management LLC Arts of Org filed with Secy of State of NY (SSNY) on 01/03/2007. Office location Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall forward process to: 763 56th St., Brooklyn, NY 11220. Purpose: To own and manage property.

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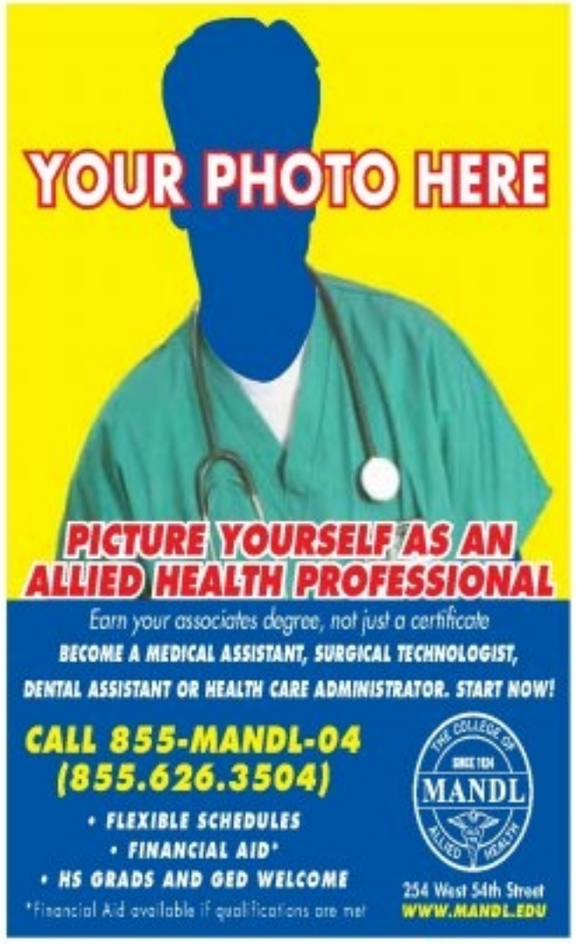

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Photo by Michael Maceso

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